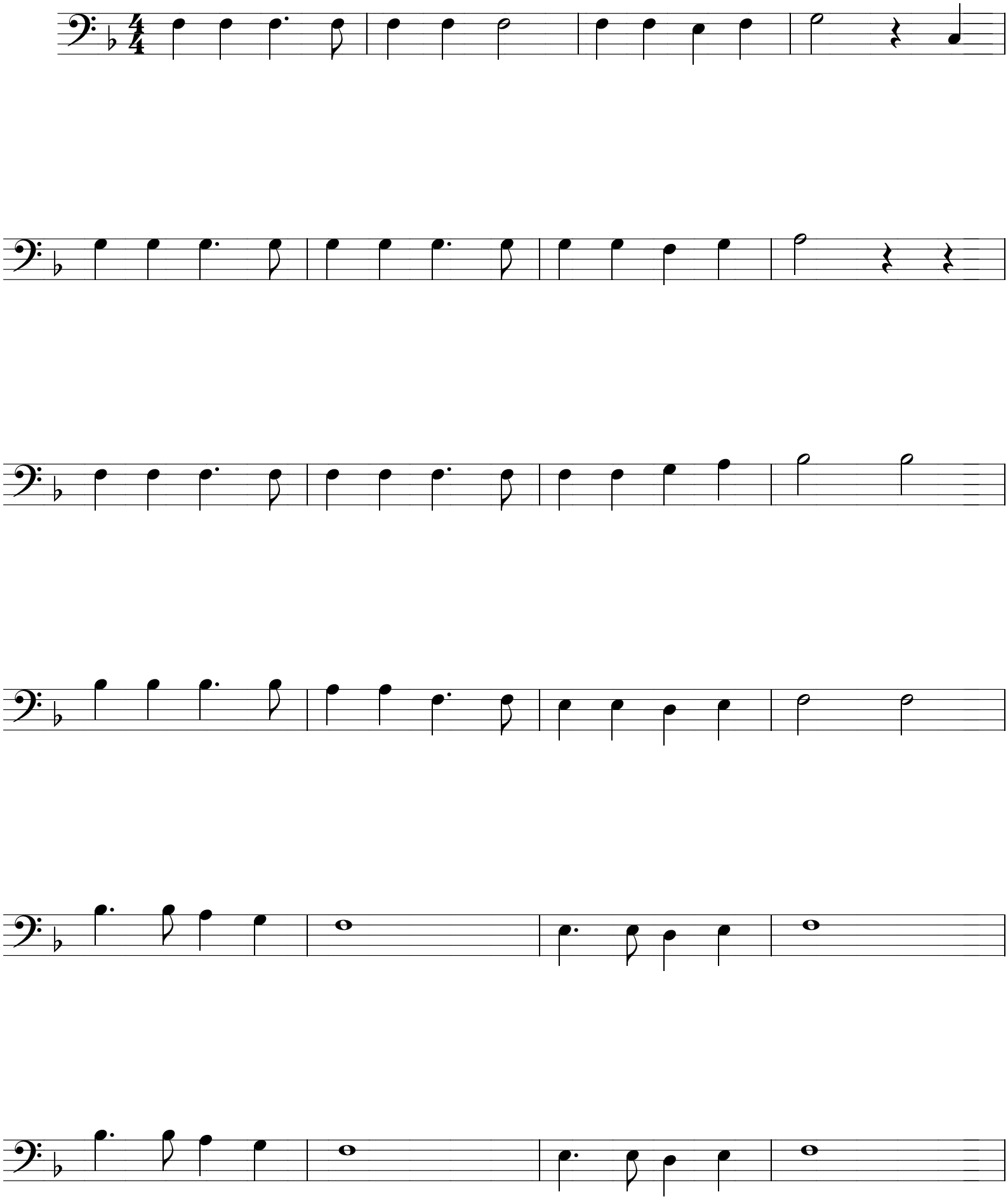Toen iech nog e jungske waor